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U. S. Department of Agriculture

Wednesday, August 26, 1931.

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In 3 Hh
HOUSEKEEPERS' CHAT

(NOT FOR PUBLICATION)

Subject: "Caring for the Runabout Child." Information from the Children's Bureau, U. S. Dept. of Labor. Menu and recipes from the Bureau of Home Economics, U.S.D.A.

Bulletins available: "The Child from One to Six." Order from the Children's Bureau, U.S. Dept. of Labor. "Eggs at Any Meal" and mimeographed recipes on peaches. Order from the Bureau of Home Economics, U.S.D.A.

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Say what you will about the good old days, I'd rather be a parent today than in any age in the past that I ever heard of. Or, to be very personal, I'd rather even be an aunt today than one living back in past generations - that is, of course, if I wanted to do a good job of looking after small sons and daughters or nieces and nephews.

The job of being a good parent was never an easy one. The all-important often bewildering, yet always loving task of caring for children always was and always will be a man-sized occupation. Parents in the old days carried on remarkably well with only tradition to guide them. But no job is really satisfactory when it is done in the dark without knowing the whys and wherefores. And parents of old had to act without scientific reasons for guides.

Where could harassed parents go for help with the baby who refused his cod-liver oil, the three-year-old who wouldn't touch his milk, or the angel-faced child given to fibs? Mothers and fathers were left to work out their problems by the trial and error method, when what they needed was to know how these same problems had been handled successfully with other children. They needed to have their job put on a scientific basis, along with the other big jobs in this world, to have it studied by doctors, psychologists, nutritionists and so on, who would publish their scientific findings, and give first-aid to parents on the firing line.

In recent times that is just what has happened. Bewildered parents need no longer flounder in the dark. Specialists are giving them a hand in this job of improving the race at its source--the children. A goodly store of careful advice as to methods and means of bringing up children in a well-balanced way has been collected. Books and magazines and pamphlets are carrying to fathers and mothers at home the results of the steadily enlarging research on the nature and needs of the child.

That brings me to the subject of a new booklet on this very subject, just published by the Children's Bureau in Washington, D. C. Do you remember that I mentioned it last week? It is called "The Child from One to Six--His

Care and Training." It has a nice blue cover and is illustrated with attractive black-and-white drawings. It deserves a prominent place on your bookshelves. If I had a small child to bring up, I'd keep that blue booklet right by my side, so whenever I was in a difficult situation, I could turn to it for an answer.

The book is written by several well-known physicians and authorities on children. In its 150 pages it takes up the different phases of the young child's life-- health habits, the care of the teeth, prevention of accidents, wholesome play, character training and so on.

You know that it is only very recently that specialists and parents have realized how important this pre-school period is in a child's life. We used to give great attention to the baby, of course, and later to the child when he started school. But the little runabout of the in-between age was allowed to just grow and we hoped he would be as little bother to us as possible while he was about it. Now we realize that this neglected age is quite as important as infancy, perhaps more. This is the time when the child is learning the habits and attitudes likely to last him through life. He may not be going to school, but he is getting his biggest education just the same, learning every minute about the new world he is in. Some authorities feel that the child's character is practically formed by the age of seven, and therefore that his environment and training during these early years may decide the course of his entire life.

So, if you have a small son or daughter, here is a most helpful handbook to guide you in guiding him through both sickness and health. The booklet promises to be as popular as the small volume on infant care which has been in greater demand than any other of the government's free publications. Already there have been 35,000 requests for the new bulletin, coming from all corners of the country.

All this just shows what I said in the beginning--that mothers are eager to go at their job scientifically these days and that, fortunately, the specialists are ready with a helping hand.

Would you like to hear about some of the subjects discussed in the book? All right. Before I begin on our menu and recipe today, I'll tell you about the first chapter on helping the child grow up. Do you want to know whether your small son is developing as other normal boys of his age do? You'll find the information right here. Do you want to know what the average child likes to do and should be able to do at four years old, for example? The answer is on page 5. Or do you want to know how tall your little daughter of two should be, how many teeth she should have, and how much she should weigh? All this is discussed on page 3.

Height and weight tables for boys and girls of different ages are also included.

Then there is a chapter on health which takes up especially ways to prevent disease. Parents are urged to take their children to a doctor to keep them well, rather than waiting until they are sick. If you would like to know what health examination should be given to a child, you can read a complete description of it. This chapter also tells about preventing communicable diseases by clean habits, inoculation, sanitation and other health measures that every parent should use. You can read in this book about

the common disorders of childhood and when to call a doctor. You can also read what to do while waiting for a doctor and how to keep a sick child comfortable.

Some other day I'll tell you more about this excellent booklet. Just now it's time for the menu--a menu today planned for the children, especially.

Baked eggs in tomato cup; Panned yellow squash; Potato salad; Crisp whole-wheat toast; and, Fresh peach tapioca pudding. Isn't that a nice menu for the children and the big folks, too?

If you have a copy of the leaflet on cooking eggs, that I have mentioned so often, you can have the recipe for eggs in tomato cups right before you by turning to page 3. In case you haven't an egg leaflet, however, I'm going to read that recipe so that you can jot it down in your notebook.

And I'd better tell you, while I'm at it, that directions for making the panned yellow squash are in the new radio cookbook. That's one of the best squash recipes I know.

As for the peach tapioca, that's also in the book. You'll notice that the recipe calls for canned peaches, but fresh peaches make it taste even better. I know because I tasted this dessert made with fresh peaches only yesterday in the Recipe Lady's kitchen. The Recipe Lady says you will need about 1/2 cup less water than the recipe calls for, because the raw peaches are so juicy.

The lovely, ripe, fresh peaches available these days are especially suitable for the children. No coarse seeds, no strong acid nor coarse fibre to be hard on small digestions. Beside their delicious flavor, which children enjoy as much as grown-ups, peaches contain vitamins and minerals and a lot of fruit sugar.

Now for those baked eggs in tomato cups. Scoop out the centers of large, firm, ripe tomatoes. Sprinkle these tomato cups lightly on the inside with salt and dot with butter. Break an egg into each tomato, sprinkle with salt, pepper and fine, dry bread crumbs, and dot with butter. Bake in a moderate oven until the tomato skins are slightly wrinkled.

A very easy main dish to prepare, you see. And very attractive to look at as well.

Thursday: "Pleasanter Dish Washing."

